

20 SEATS

20 HOURS



CHRIST
(DEEMED TO BE UNIVERSITY)
NODAL OFFICE, TRIVANDRUM

WORKSHOP

Cognitive Behavior Therapy

Target Population:

Researchers, Masters Students, Teachers, Parents

Dr. Uma Krishnan

Clinical Psychologist
Spandhana Center for Special Needs,
Calicut, Kerala.

Organised by

Nodal Office

CHRIST (Deemed to be University)
A.I.R Road, Vazhuthakkadu
Trivandrum, Kerala
tvm@christuniversity.in

EVERY SATURDAY FROM
FEB 27,2021
6.00PM-8.00PM IST

**Certificate : After completion of both Synchronous and Asynchronous Sessions
e certificate will be issued by the Nodal Office.**

REGISTRATION

**AFTER REGISTRATIONS CANDIDATES WOULD BE SENT THE FEE PAYMENT LINK,
UPON PAYMENT THE CANDIDATE CAN JOIN THE WORKSHOP.**

<https://forms.gle/8pou2mxS6PBBhoVy5>

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SESSIONS INCLUDE

- Introduction to Cognitive Behavior Therapy
 - Over view of treatment
 - Identifying automatic thoughts
- Identifying and modifying belief system
 - Additional CBT techniques
 - Assignments

Dr. Uma Krishnan

Educational Qualification

- PhD in Psychology

Areas of Interest

- Teaching and Research.
 - Hypnotherapy
- Behavioral and Cognitive Behavior Therapy
 - Stress management
 - Psycho diagnostic assessments
- Neuropsychological assessments and Rehabilitation

Work Experience

- Currently she is associated with Abhyan Center, Bangalore, working with individuals with Autism Spectrum Disorders from 2015 to till date and with Spandhana Centre for special needs, Calicut from 2017 to till date
- Work experience for 15 years in different areas of psychotherapy and counselling.

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